

GYMNASTICS

PREGYM

Children will be introduced to the world of gymnastics including floor exercise, bars, balance beam, rings, vault, and trampoline. Preschoolers will use equipment appropriate for their age. Hand eye coordination, music, and movement are also integrated into the lessons. **A parent must accompany each child the first day of class. Please arrive 15 minutes early the first day of class.**

Ages: 3-4 yrs old

Location: **Pullman** - Gladish Community Center, Rm 201

Limits: 3 max

Session 1:

Jan 23-Mar 27	M	3:00-3:30pm	\$50
Jan 24-Mar 28	Tu	9:00-9:30am	\$55
Jan 24-Mar 28	Tu	3:00-3:30pm	\$55

No class: Feb 20

Session 2:

Apr 10-May 22	M	3:00-3:30pm	\$38
Apr 11-May 23	Tu	9:00-9:30am	\$38
Apr 11-May 23	Tu	3:00-3:30pm	\$38

Location: **Moscow** - Palouse Empire Gymnastics, 810 N Almon

Limits: 6 max

Jan 21-Feb 11	Sa	9:30-10:15am	\$36
Feb 25-Mar 25	Sa	9:30-10:15am	\$36
Apr 15-May 6	Sa	9:30-10:15am	\$36

No class: Mar 18

KINDERGYM

Children will be introduced to the world of gymnastics including floor exercise, bars, balance beam, rings, vault, and trampoline. Preschoolers will use equipment appropriate for their age. Hand eye coordination, music, and movement are also integrated into the lessons. **Please arrive 15 minutes early the first day of class. A parent must accompany each child the first day of class.**

Ages: 5-6 yrs old

Location: **Pullman** - Gladish Community Center, Rm 201

Limits: 3 max

Session 1:

Jan 23-Mar 27	M	2:00-2:30pm	\$50
Jan 24-Mar 28	Tu	4:15-4:45pm	\$55
Jan 25-Mar 29	W	9:00-9:30am	\$55

No class: Feb 20

Session 2:

Apr 10-May 22	M	2:00-2:30pm	\$38
Apr 11-May 23	Tu	4:15-4:45pm	\$38
Apr 12-May 24	W	9:00-9:30am	\$38

Location: **Moscow** - Palouse Empire Gymnastics, 810 N Almon

Limits: 6 max

Jan 21-Feb 11	Sa	10:30-11:15am	\$36
Feb 25-Mar 25	Sa	10:30-11:15am	\$36
Apr 15-May 6	Sa	10:30-11:15am	\$36

No class: Mar 18

CHEERKIDS

An introduction to cheerleading. Students will learn positions, cheers, stunting, and team work.

Location: **Pullman** - Gladish Community Center, Rm 201

Limits: 6 max

Grades: 1st-5th

Jan 23-Mar 27	M	5:00-5:45pm	\$67
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No class: Feb 20

Apr 10-May 22	M	5:00-5:45pm	\$52
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* Take both cheer and tumbling together and receive a \$20 discount!

TUMBLEKIDS

A co-ed beginning tumbling only class. Class will include rolls, handstands, cartwheels, and drills for handsprings.

Location: **Pullman** - Gladish Community Center, Rm 201

Limits: 6 max

Grades: 1st-5th

Jan 23-Mar 27	M	5:45-6:30pm	\$67
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No class: Feb 20

Apr 10-May 22	M	5:45-6:30pm	\$52
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* Take both cheer and tumbling together and receive a \$20 discount!

WIGGLE WORMS

This is a parent/child class where children explore movement with the use of age appropriate equipment. Activities include obstacle courses, music, and hand-eye coordination. **Parent participation required.**

Location: **Pullman** - Gladish Community Center, Rm 201

Limits: 6 max

Ages: 18 mo-3 yrs

Jan 24-Mar 28	Tu	5:00-5:30pm	\$55
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Apr 11-May 23	Tu	5:00-5:30pm	\$38
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BEGINNING GYMNASTICS

Boys and Girls in 1st-4th grade will be introduced to the world of gymnastics including floor exercise, bars, balance beam, rings, vault, and trampoline. **Please arrive 15 minutes early the first day of class. A parent must accompany each child the first day of class.**

Location: **Moscow** - Palouse Empire Gymnastics, 810 N Almon

Limits: 8 max

Grades: 1st-4th

Jan 21-Feb 11	Sa	11:30am-12:30pm	\$38
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Feb 25-Mar 25	Sa	11:30am-12:30pm	\$38
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Apr 15-May 6	Sa	11:30am-12:30pm	\$38
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No class: Mar 18

JR./SR. GIRLS

A gymnastics class for girls in 5th-8th grade. Participants will work on all of the women's apparatus including, vault, bars, beam, floor, and trampoline. **Please arrive 15 minutes early the first day of class. A parent must be present on the first day of class.**

Location: **Moscow** - Palouse Empire Gymnastics, 810 N Almon

Limits: 8 max

Grades: 5th-8th

Jan 23-Feb 13	M	7:00-8:30pm	\$48
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